MX MISSILE FUNDS APPROVED BY SENATE 55 TO 45

Tacoma Seattle Circulation

The Tacoma Facts

Bridging The Communication Gap With Christ

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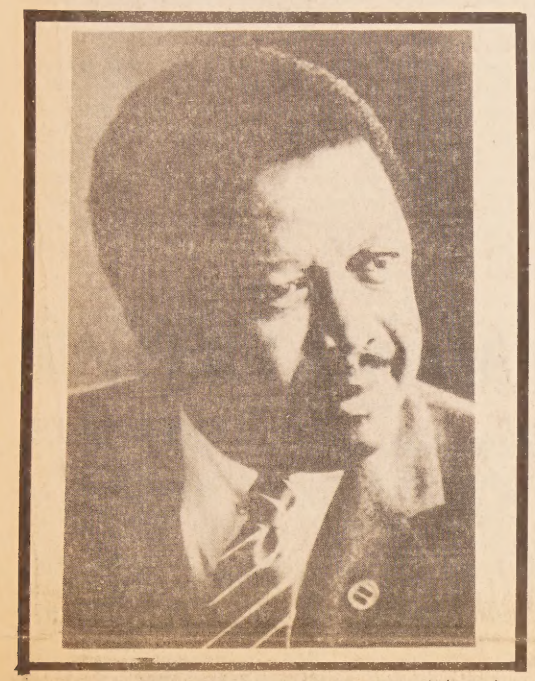
National Urban League President To Speak At Tacoma Urban Leaque Annual Banquet.



TACOMA, WA.....Tacoma Urban Leaque's Seventeenth Annual Banquet, Thrusday, March 28, 1985 at 6:00 p.m. at the Bicentennial Pavilion will feature Joh E. Jacob, National Urban League President, who will address the theme, "Yesterday and Today!" This year's Banquet has special meaning in that the National Urban League commemorated its 75th Founders Day Celebration in January of this year. The Tacoma Urban League, for seventeen year, had been a service-oriented agency committed to relieving the socio-economic ills of Tacoma-Pierce County's Blacks and minorities who cannot individually help themselves.

Mr. Jacob has been National Urban League President since 1982, and was the keynote speaker at Tacoma's 14th Annual Banquet. He is a dedicated leader, a nationally-known columnist, and prolific speaker who will deliver an invigorating message of interest to all. Mr. Jacob is a graduate of Howard University with a Master's Degree in Social Work, and serves on several national boards and councils that are involved in social betterment.

In addition to the keynote speech the League will honor a Distinguished Citizen and Corporation who merit recognition for their outstanding contributions to the community.

Thomas Dixon, Tacoma Urban League President, will give a status report on the League and outline its directions for the 1985-86 fiscal year. He said "this year's Banquet will be our opportunity to unveil the League's blueprint for Blacks and minorities to build their own economic, educational, employment, family, and social foundations that will reflect a posture of self-reliance and self-respect." Additionally, the Banquet will coincide with the Urban League's Western Regional Conference being hosted by Tacoma and Seattle Urban Leagues, and will have a delegation representing five states in attendance.

Ticket information and reservations are available at the Tacoma Urban League Office, or by calling 383-2006.

4th Military Airlift Squadron Holds 50th Reunion

MCCHORD AFB, WASH., -- The 4th Military Airlift Squadron at McChord Air Force Base, Wash. will celebrate its 50th Anniversary-Reunion from March 29 through 31.

The 4th MAS is the oldest airlift squadron in existence. It was first activated at Rockwell Air Depot, Calif., July 8, 1935. The squadron is currently assigned to the 62nd Military Airlift Wing and flies the C-141B Starlifter.

In its 50 years, the 4th MAS has flown 10 different aircraft and has received numerous decorations and citations. Since its inception, 4th MAS has participated in almost every important air operation. Whether supporting airborne assault or supply missions from Kasserine Pass, during World War II to the recent Grenada operation, the 4th Mas has been leading the way.

All past and present squadron members are invited to attend the anniversary-reunion celebration. Activities include a "hangar party" unveiling a C-47, tours of squadron operations and an anniversary-reunion dinner. A tour of Seattle is also planned for wives and guests. For more information, write Lt. Col. Bob Sweeney, 4th MAS, McChord AFB, Wa., 98438-5000, or call 206-984-3751.

MX Missile Funds

The Reagan Administration scored a victory as the Senate voted in favor of releasing $1.5 billion for the construction of 21 additional MX Missiles. Reagan said the MX will strengthen U.S. National Security in the super-power arms talk while bolstering U.S. Security.

Senator Dan Evans, a Washington Republican, did not reveal how he would vote until the last minute. Evans voted in favor of the controversial weapons system. Evans office had been flooded with phone calls urging him not to vote in favor of the missile. Evans said "I think the MX Missile is flawed, I think it has many problems", but saying its flawed doesn't mean its necessarily without merit. Sen Slade Gorton, who has supported the MX in the past also voted in favor of the missile system. Both Senators said they will vote later this week to release the $1.5 billion to build the 21 missiles.

Senator Lawton Chiles, Democrat of Florida, and Senator Bob Dole, the majority leader, after the Senate voted yesterday to release $1.5 billion to build 21 additional MX missiles.

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Sausage Or Baccon
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Paul Schweikert Appointed Manager.

Retired Colonel Paul Schweikert, Jr. has been appointed Manager of United Bank's Main Office branch. Schweikert will be responsible for all savings related activity at the $50 million deposit office of United Bank, located in downtown Tacoma at 11 and Commerce.

Schweikert comes to United Bank after 30 years of military experience. He is a graduate of the West Point Military Academy.

United Bank is a Tacoma based institution with assets of more than $310 million with nine branches and three loan centers located in Western Washington.

C.I.A. DRAFTS PROPOSAL TO Guard SECRETS

The Central Intelligence Agency has sent the White House a proposal to make it a crime for government employees to disclose national secrets without (sig.) authorization.

The purpose of the intelligence agency proposal is to persuade congress to establish beyond doubt that unauthorized disclosures of classified information by government employees are crimes.

Publisher Challenges Black Entertainers To Cut Records For America's Hungry

BY
LEE IVORY - KGN

ORLANDO, FL.--(KNS)-Jackson Gibson, pioneer Black disc jokey now publishing America's oldest Black music trade publication, challenged Black superstar entertainers to band together to make a recording for the hungry and homeless children in America.

"I can go along with the records now being cut for the poor, starving Black children in Ethiopia,"the publisher said, "but why can't you cut a zillion-seller record for the poor, starving children of America?"

Gibson, wide-known in music circles throughout the world as "Jack the Rapper," stated that entertainers who live in the richest country in the world should become aware of hungry Black children in America.

"If you can't find any starving and homeless children where you live today," the Rapper admoinshed, "just go back into the neighborhoods where you came from. It hasn't changed. In fact, I believe it has gotten a little worse now."

Gibson publishes "The Mello Yello," a trade newsletter read by more that 6,000 music industry and Black radio executives in all parts of the United States. The Rapper also hosts an annual Black music and radio convention in Atlanta, Georgia in August.

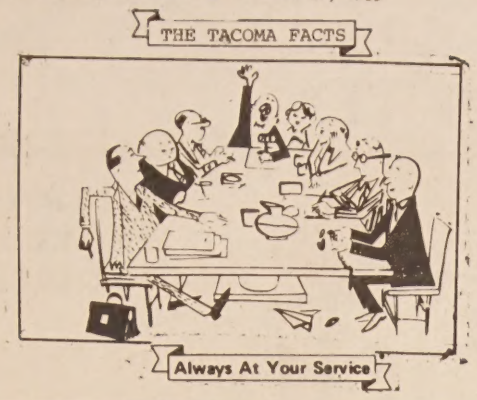
"We are not going to get into what you do for others or how much money you give each year un-noticed," Gibson told Black entertainers in his March 6 edition of the newsletter. "The Rapper is only interested in what you have just done for the Black children of Ethiopia. Charity begins at home."

In an open letter to Black entertainers, Gibson served as the children's advocate and told the entertainers that "hunger knows no color" and that many children in America don't even go to school because they have nothing to eat or clothes to wear.

Gibson suggested that if just one major Black entertainer would consider recording for Americ's hungry and homeless, "no studio in America would be able to hold all of the super stars who would gladly volunteer their time and talent."

Free Dinner

FREE DINNER SERVED EVERY SUNDAY from 4 to 6PM. Located at 1313 S. "J" St., Tacoma, WA. Sponsored by Holy Trinity Church Of God In Christ.
THE PUBLIC IS WELCOME.



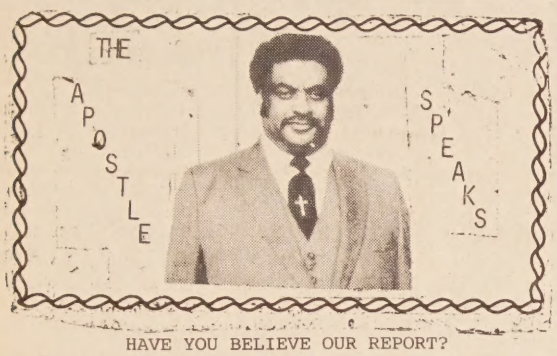
Information For Our Readers

The Tacoma Facts welcomes all views from readers and leters should be kept as brief as possible or a subject of condensation.

Deadline for news articles is Tuesday noon, and classified advertising Tuesday 5 PM. Black and White photos ONLY and all copies should be TYPED OR WELL PRINTED.

Notary services are also available at the Facts.

The Tacoma Facts title owned and operated by H.T. C.O.G.I.C. publications, President and Pubisher, Bishop d.L. Brooks, Editor Rosa Brooks, The Tacoma Facts is Independently published weekly.



HAVE YOU BELIEVE OUR REPORT?

SERIES #47

ISAIAH 53: 1&2

Who hath believed our report? and to whom is the arm of the Lord revealed?

For he shall grow up before him as a root out of dry ground.

He hath no form nor comiliness: and when we shall see him, there is no beauty that we should desire him.

HABAKKUK 3

A prayer of Habakkuk the prophet upon Shigionoth.

O Lord, I have heard thy speech, and was afraid: O Lord, revive thy work in the midst of the years, in the midst of the years make known; in wrath remember mercy.

God came from Teman, and the Holy One from mount Paran. Selah. His glory covered the heavens, and the earth was full of his praise.

And his brightness was as the light; he had horns coming out of his hand: and there was the hiding of his power.

Before him went the pestilence, and burning coals went forth at his feet.

He stood, and measured the earth: he beheld, and drove asunder the nations; and the everlasting mountains were scattered, the perpetual hills did bow: his ways are everlasting.

I saw the tents of Cushan in affliction: and the curtains of the land of Midian did tremble.

Was the Lord displeased against the rivers? was thine anger against the rivers? was thy wrath against the sea, that thou didst ride upon thine horses and thy chariots of salvation?

Thy bow was made quite naked, according to the oaths of the tribes, even thy word. Selah. Thou didst cleacve the earth with rivers.

The mountains saw thee, and they trembled: the overflowing of the water passed by: the deep uttered his voice, and lifted up his hands on high.

The sun and moon stood still in their habitation: at the light of thine arrows they went, and at the shining of thy glittering spear.

Thou didst march through the land in indignation, thou didst thresh the heathen in anger.

Thou wentest forth for the salvation of thy people, even for salvation with thine anointed; thou woundedst the head out of the house of the wicked, by discovering the foundation unto the neck. Selah.

Thou didst strike through with his staves the head of his villages: they came out as a whirlwind to scatter me: their rejoicing was as to devour the poor secretly.

Thou didst walk through the sea with thine horses, through the heap of great waters.

When I heard, my belly trembled; my lips quivered at the voice: rottenness entered into my bones, and I trembled in myself, that I might rest in the day of trouble: when he cometh up unto the people, he will invade them with his troops.

Although the fig tree shall not blossom, neither shall fruit be in the vines; the labour of the olive shall fail, and the fields shall yield no meat; the flock shall be cut off from the fold, and there shall be no herd in the stalls:

Yet I will rejoice in the Lord, I will joy in the God of my salvation.

The Lord God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places. To the chief singer on my stringed instruments.

From The Desk Of The Publisher, Bishop D.L. Brooks, D.D.W.

CALENDAR OF EVENTS

"Over 40's Revue Coming Soon

NDABA Cultural Ensemble's Over 40's Revue will be presented at the Tacoma dome Donvention Center. The show will run March 30, 1985 at 8PM. This year's theme is "A Tribute To Black America". come out for a night of entertainment at its best.

Tickets are going fast, so don't wait. For information call 627-1439. All proceeds will benefit the NDABA Cultural Ensemble's upcoming season.

See The World With New Eyes

Pacific Lutheran University's Division of Social Sciences presents the spring Interface program featuring short courses with international perspectives.

Courses meet one evening each week for four weeks beginning the week of April 9 and may be taken on a credit or non-credit basis. For information, call 535-7669.

Art,Craft Classes Schedule At TCC

More than a dozen credit and non-credit arts and crafts afternoon and evening courses will be offered spring quarter by Tacoma Community College. Topics range from teaching art to children, to jewelry making. Classes begin in early April.

Registration may be completed in the TCC Admissions Office, Building 18. Office hours are 8AM. to 8PM. Mon-Thurs. and 8AM. to 5PM. Friday. For information contact the college at 756-5000.

Tacoma,s Litter Campaign

The Tacoma Beautification Committee has announced that their tenth annual civic service litter clean-up campaign is scheduled for the last two weeks of March. This year's projects, also known as Keep Tacoma Beautiful, is being combined with the All America City Celebration, Spring clean-up. Beautification Committee Chairman Judity Freeman noted, "Liter Clean-up is something that anyone, young or old, can get involved in, for as much or as little time as you wish."

Groups and organizations wishing to get involved in cleaning up litter from parks, playgrounds, neighborhoods, or other areas of the city are urged to contact the Tacoma Planning Department for information.

Ticket and bags are also available at Safeway at stores in the Tacoma area.

PLU Host National Teleconference

Margaret Heckler, Secretary of the U.S. Department of Health and Human Services heads a list of national policymakers who will participate in a television conference beamed to Pacific Lutheran University from the JFK Presidential Library in Boston, Massachusetts. The teleconference will be held on March 27 from 5:30 -7:30 PM. in Chris Knutzen Hall of the University Center and is sponsored by PLU and the Domestic Policy Association (DPA).

The 1984 telconference was most enthusiastically received and this year's program again promises to promote lively debate on issues of national importance. Call 535-7669 for additional information and reservations.

Pre Employment Program At YWCA

The YWCA's Non-Traditional Program which helps women prepare for blue collar jobs is begining it second class. this session is scheduled to begin on April 15, 1985.

The class will help women increase their upper body strength and stamina as well as help prepare them emotionally for work. Improving math skills and using tools safely will also be targeted in the class. The program will also help women to find non-traditional work by utilizing proven job search techniques.

An orientation is scheduled for April 3, 1985. If a woman is interested in finding a high-paying, blue collar job, she should contact the YWCA before April 3, 1985. For further information and applications call 272-4181 or 627-1576. Class is limited.

Park District - Classes

A free 16-page guide to Metroplitan Park District of Tacoma spring classes, facilities and special events is available now at district community centers, Tacoma and Pierce County public library branches and the district's main office at 10 Idaho Street.

On April 6, there will be an Easter Egg Hunt at 10 a.m. at South Park Community Center for children between the ages of 3 and 8.

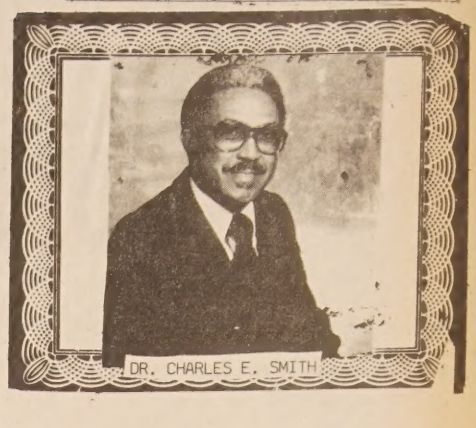
Spring fashions will be the topic of special interest classes at People's Community Center.

For adults, Wright Park Community Center will offer a day-long Gad-A-Bout Tour of the Skagit Valley tulip fields on April 19. On June 1, all ages can enjoy a "Day in the Park" at Wright Park. Breakfast, lunch, strawberries and ice cream, will be available along with craft booths and entertainment.

For a complete listing of all the classes, guides are available at the following community centers: Snake Lake Nature Center, 1919 S. Tyler; South Park Community Center, 4851 S. Tacoma Way; Titlow Lodge, 8425 6th Ave.; People's Community Center, 1602 S. "K" Street; Wright Park Community Center, 501 S. "I" Street; Eastside Community Pool, 3524 E. "L" Street.

Pre-registration is advised for spring classes which begin the week of April 9 and continue for approximately 10 weeks. For additional information, call 591-5300.

"The Doctors Prescription



"Always Say What You Mean"

Someone said, "We're not only responsible for what we say, but also for what people understand us to say." Notice the following illustrations:

I read the story of a very poor family who struck it rich. They had more money than they knew what to do with. One day the husband said to the wife, "You can have anything yoiu want."

She said, "Well, I've always heard how some wealthy ladies take milk baths, and I'd like to have a milk bath."

The man went to the nearest dairy and asked for milk. "How much milk do you want?" inquired the dairyman.

"Well, I don't know," said the farmer. "My wife wants to take a milk bath, and I'm not sure how much we'll need."

"Well," asked the dairyman, "do you want it pasteurized?"

"Oh, no," said the man. "We just need enough to come up to the waist when she's sitting in the bathtub. She can splash it on up to her eyes."

****

A man said to his wife, "I'm going to find out who is boss in this house."

She replied quietly, "You'll be a lot happier if you don't."

****

WHOM DOES THE DEVEL CHASE?

A preacher said he once asked a noted criminal lawyer what the peculiar temptations of a lawyer were, and the lawyer replied, "Lawyers are peculiarly exempt from all temptations."

The preacher said that reminded him of a man who complained to his boss that he was greatly tempted by the Devil. His boss said, "You must be a very wicked man. The Devil doesn't bother me."

To that the man said, "When you go hunting and shoot into a flock of ducks, which one do you chase -- the one you killed or the one you crippled?"

His boss sisd, "I chase the crippled one. I don't have to chase the dead one."

The man smiled and said, "Boss the Devil knows you are a dead duck."

****

MOST OF US TALK TOO MUCH

A little sparrow one cold morning sat on a fence by the side of the road shivering and hungry. A boy happened to drive by and threw a piece of bologna onto the road. The little sparrow jumped down and had a good meal. Then he jumped back onto the fence and chirped and chirped.

Just than a hawk flew over, heard the little sparrow chirping, swooped down on him, and carried him away. As he was being taken away, the little sparrow was heard to say, "When you're full of bologna, it's best to keep your mouth shut."

****

A lady was showing a friend through her new home. They went from room to room until they came to a small room fixed up as a den. The lady said, "This is my husband's den. Does your husband have a den?"

The friend replied, "No, He growls around all over the house."

****

A husband said to his wife, "I was a fool when I married you."

She replied, "I knew it, but I thought you'd get over it."

TCC News.

Grief brought on by traumatic loss is the topic of a special five-session Tacoma Community College workshop this Spring. The workshop, sponsored by the TCC Human Service Worker Program, will meet 1-3 p.m. Mondays, April 1-29.

The workshop will cover the loss of a parent, child or spouse, illness, the loss of a limb, divorce, suicide, murder and other related areas of sudden loss. Tuition for the one-credit workshop is $19.10-.

Registration myay be completed in the TCC Admission Office, Building 18. Office hours are 8 a.m.-8 p.m. Monday-Thursday, and 8 a.m.-5 p.m. Friday. For information call 756-5000.

More than 15 clases covering nine languages will be offered by Tacoma Community College this spring. The evening classes include credit and non-credit offerings and include three courses in sign language. Spring quarter begins April 1.

Non-credit conversational language classes include: beginning classes in French, German, Italian, Japanese, Arabic, Spanish, Swedish and Greek; and intermediate classes in Japanese, Swedish, Spanish, French, and Italian. Fee for each of the non-credit classes is $39.,

Registration may be completed at the TCC Admissions Office, Building 18. Office hours are 8 a.m.-8 p.m. Monday-Thursday, and 8 a.m-5 p.m. Friday. For information contact the college at 756-5000.

STEP INTO SPRING WITH PIZAZZ

Now, as Spring beckons...yield to the impassioned embrace of night-glamour by Tarquin Ebker. No mere cocktail dress, this...but rather a toast to all things provocatively shaped, snugged, bared to within an inch!

ENTERTAINMENT

PLU NEWS

Premier reed man Tom Kubis will star in a gala jazz night in PLU's Olson Auditorium at 8Pm. Thurs., March 21 on campus. Joining Kubis will be the Pacific Lutheran Jazz Ensemble and ensembles from Olympia High School and Fort Vancouver High School.

Tickets are $3., $2. for students, senior citizens and children and available at the door or by calling PLU at 535-7457.

Dan Gailey, senior jazz music major at Pacific Lutheran University, recently won the composer's competition at the University of Idaho Jaz Festival in Moscow, Idaho. Gailey won for two original pieces, "Bossa for Wayne" and "Funk by Numbers." He was also runner-up in the jazz soloist competition.

The PLU jazz Ensemble and Jazz Combo also did well in the competition. The Jazz combo took first place and the Ensemble received a superior rating from judges.

The PLU jazz program is directed by Rodger Gard, music professor and well-known trombonist in the Puget Sound area.

Auditions For Musical "GREASE PAINT"

The Tacoma Light Opera and Musical Comedy Company will hold auditions for its spring production of "The Roar of the Grease Paint, the Smell of the Crowd," at 7PM. April 1 and 2 in the Tacoma Community College Rehearsal Hall, Bldg. 7, RM. 3.

Production of the Leslie Bricusse-Anthony Newley musical is scheduled for May 29-June 1. Auditions are being held for characters, chrous and technical crew. For information, contact TCC at 756-5060.

Miami To Host Largest Meeting Of Ethnic Minority Students.

More than 1,600 ethnic minority students and faculty conducting biomedical research at colleges and universities throughout the United States and Puerto Rico will meet in Miami March 31-April 3 at the nation's largest forum for minority scientists.

Called the Minority Biomedical Research Support (MBRS) Symposium, the scientific conference, now in its 13th year, is being coordinated this year by Florida A&M University of Tallahassee and funded by the Division of Research Resources, National Institures of Health. The Symposium is an annual activity of the NIH's Minority Biomedical Research Support (MBRS) Program, which funds biomedical research activity at academic institutions with a track record of training minorities in the biomedical sciences. Organized within NIH's Division of Research Resources in 1972, the MBRS Program exists to increase the involvement of ethnic minority faculty and students in biomedical research.

Olympia Art League Coming Soon

Artists of Pierce County are again invited to participate in the Olympia Art League's Annual Exhibition for Southwest Washington, co-sponsored by the Washington State Capital Museum. This is the 32nd consecutive year for the juried exhibition open to all artists of the thirteen southwest counties in Washington State. The exhibition will be held from May 4 through June 23, 1985.

Prospectuses will be mailed the end of March to previous entrants of 1984. Prospectuses may also be obtained from Washington State Historical Society, 315 No. Stadium Way, Tacoma, WA 98405 or Tacoma Public Library, 1102 Tacoma Ave. So., Tacoma or Pierce County Library, 2356 Tacoma Ave. So., Tacoma, WA 98402. Those desiring additional prospectuses may write to the OLYMPIA ART LEAGUE, P. O. Box 404, Olympia, Washington 98507-0404. Please enclose a stamped self-addressed Number 10 envelope.

Art Gallery Announces April Show.

The April Exhibit in the Downtown Gallery features artists Laurie Dahl, Cindy McIntyre, George Tuton and Anne-Bridget Gary. The show opens Tuesday, April 2 and continues Tuesdays thru Fridays until April 26, 1985. Gallery hours are from 10:00 a.m. to 2:00 p.m. The Downtown Gallery is located at 925 Court C in downtown Tacoma.

Mccabe Sisters Highlight Bravura Evening.

Certainly two of the most brilliant young soloists in classical music, Robin and Rachelle McCabe will combine talents and perform together in a bravura musical evening 8 p.m. Wednesday, March 27 in Eastvold Auditorium on the campus of Pacific Lutheran University.

Joining with the McCabes will be Cliff Lenz, of KING TV, and Richard Sparks, who will direct the PLU Choir of the West. Lenz will be narrator for Saint-Saens' "The Carnival of the Animals" and Sparks will conduct the Brahms "Liebeslieder Waltzes."

Tickets for this gala evening are available through Ticketmaster outlets and the University center infromation Desk at PLU. For more information, please call 535-7457 (Tacoma).

Seattle Childrens Museum.

"Tis Spring, 'tis Spring!" and during Spring Vacation the Seattle Children's Museum will be open Monday April 1 through Saturday April 6, 10:00 a.m to 4:00 p.m. No groups will be booked that week. On Easter Sunday the museum will be closed and resume regular hours April 10. Regular hours are Wednesday - Friday 9:30-3:00, Saturday 10:00-4:00 and Sunday 1:00-4:00. Seattle Children's Museum is located at 117 Occidental in Pioneer Square. For further information call 624-6192.

African Art & Politics

Two special events, March 27-28 at Pacific Lutheran University, will focus on the arts and politics of one of the most crucial areas in the Third World, Southern Africa.

David Chanaiwa, Deputy Secretary of Labor in Zimbabwe, will be the featured speaker in a special discussion on "The Southern African Crisis," 7:30 p.m. Wednesday, March 27 on the PLU campus, Ingram Hall, room 100.

Chanaiwa, a former history professor at California State University, is also the author of major books on the African crisis, including "The Zimbabwe Controversy" and "Profiles in Self-Determination." His discussion wll include an expert's view of the issues in Southern Africa and the current situation in Namibia.

This will be followed on March 28 by a rare local performance of some of the great traditional music of black Africa with guest artist Ephat Mujuru, celebrated musician and consummate performer, who was born in Zimbabwe. In addition to dancing and storytelling, Mujuru is a master of the mbira dzavadzimu ("mbira of the ancestors"), one of the most fascinating traditional instruments of Africa.

The March 28 mbira concert is free and in the University Center Cave starting at 7 p.m. The audience is encouraged to bring drums and other percussion instruments and to participate.

Support
The AL Davies
Boy's And Girls
Club.

WATER... you can't live without it

Even though most of us take it for granted, the water we drink is our most important nutrient, a matter of life and death, really. (We could survive far longer without food than water.) And good hydration, even when you're not overheated, is vital to your overall energy and endurance, not to mention your looks.

Though aware of its life-giving qualities, many women still don't drink as much water as they should. "What they may not realize," says Dr. Steven Lam, attending physician at NYU Medical Center, "is that even a loss of five per cent of water is life-threatening—that's only about 2.5 quarts of the average adult body's 40 to 50 quarts. Losing 15 per cent is fatal."

Additionally, water provides the catalyst for most of the body's metabolic processes. A good daily supply rids your system of wastes, lubricates intestines and joints, transports oxygen and nutrients through the blood and lymphatic system. Plus, water is essential to the digestion, absorption and elimination of food and serves as the body's natural air-conditioning system.

It may come as a surprise that in day-to-day living, we lose about two quarts of water daily. "About a third of a quart is lost by breathing alone," says Dr. Brian L.G. Morgan, assistant professor of nutrition, Columbia University Institute of Human Nutrition. "900 milliliters (just under a quart) escape through urination, another half-quart or so through perspiration and other body wastes."

What happens when you don't take in sufficient water to replenish your body's daily loss? Most commonly, dehydration and resulting heat disorders occur—cramps, exhaustion and, the often fatal, heat stroke.

■ WATER AND THE ACTIVE WOMAN

Fortunately, the body has a built-in alarm-system—thirst—that alerts you to its water needs before dehydration becomes a serious problem. Nevertheless, it's important to remember that quenching your thirst after a hard workout won't necessarily make up for depleted body fluids. In the first 24 hours after exercise, you may be replacing only about a half to two-thirds of the water you lost—it takes time to fully restore the body's water balance. The solution? Drink a glass or two of water before, during and after you exercise.

"One of the reasons a marathon runner drinks water all along the course is to avert any problems before they occur," says Dr. Morgan. "Athletes know that when you're extremely active, thirst is an imperfect signal. You can already be dehydrated by the time your body tells you to start drinking."

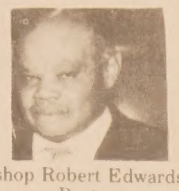
A formula to ensure proper hydration: Weigh yourself before you exercise, and again when you finish. The pounds lost are really just water—not fat—so drink the equivalent amount in liquids to replenish your system. (Best not to down the entire quantity at once—instead, stagger fluids over the course of the day.

Advertise In
The Tacoma
Facts

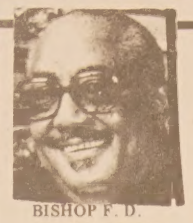
International Church Directory

WARNING: JESUS IS COMING SOON

Edwards Temple
C.O.G.I.C.
1107 South 21st
Tacoma, Washington
475-1467
Sunday School.....10:00 a.m.
Morning Service.....12:00 p.m.
Evening Service.....8:00 p.m.
Wednesday Bible.....8:00 p.m.
Friday Worship.....8:00 p.m.
Marriage and Family Counseling



Bishop Robert Edwards, Pastor



BISHOP F. D. WASHINGTON

Washington Temple
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WEDNESDAYS
FRIDAYS 7:00 P.M.
SUNDAYS 9:30 A.M.
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We offer Spiritual Guidance and Family Counseling
Office 572-7054 Home 564-5486
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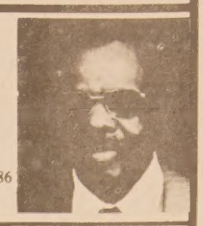

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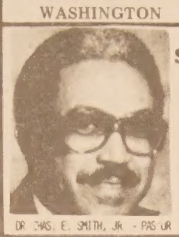
Lubbock, Texas 79404
Phone 806 744-5334

HAYNES MEMORIAL CHURCH
2830 Ross Ave.
Fort Worth, Texas 76106
Phone 817 624-9223

Bishop W.D. Haynes
Church of God in Christ Inc.
P.O. Box 2411
Lubbock, Texas 79408

Res. 3256 63rd
Lubbock, TX 79413
Ph. 806 796-2637

Res. 2826 Ross Ave.
Fort Worth, TX 76106
Ph. 817 626-2107



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PHONE: (206) 329-3829
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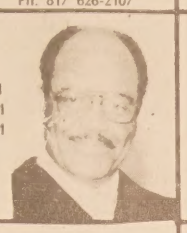
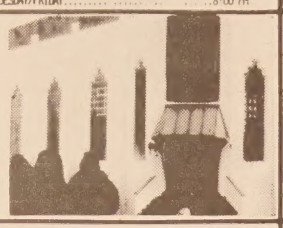
SUNDAY SCHOOL.....9:30 AM
MORNING WORSHIP.....11:30 AM
Y.P.W.W.....6:30 PM
EVENING WORSHIP.....8:00 PM
MID-WEEK
TUESDAY/FRIDAY.....8:00 PM

NEW COVENANT PENTECOSTAL TABERNACLE
2156 So. K Street
Sunday School.....9:30 A.M.
Sunday Worship.....11:00 A.M.
Wednesday Eve.....7:30 P.M.
Friday-YPCW.....7:30 P.M.
Tuesday Services at Evergreen Chapel, Ft. Lewis.....7:30 P.M.
Evangelist Mrs. E. E. Travis

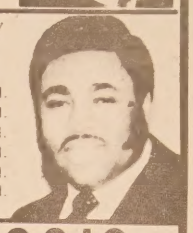
ALLEN AME CHURCH
1411 So. Yakima 627-6855
Church School.....9:30 A.M
Morning Worship.....10:55 A.M
Wednesday Bible Study.....7 P.M
Serving God
Through Service To Mankind
Rev. G. Mansfield Collins, Minister



AGAPE FORCE:
CENTER
EVANGELISTIC
SERVICE
SAT. 7:p.m.
SUNDAY SERVICES
10:A.M.



TRUE VINE COMMUNITY CHURCH COGIC
5715 No. 33rd (& Pearl)
Sunday School.....10 A.M.
Morning Worship.....11:15 A.M.
Evening Worship.....7 P.M.
Tuesday Prayer.....11:30 A.M.
Tues. Bible Study.....7:30 P.M.
Thursday Evangelistic Service.....7:30 P.M.
Pastor Leo C. Brown, Jr.



BETHLEHEM BAPTIST CHURCH
1723 So. I
Sunday School.....9:30 A.M.
Baptist Training Union.....6 P.M.
Worship Services...11 A.M.,7:30 P.M.
Office 272-3309

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Eld. Dennis Welch
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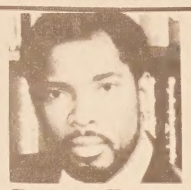
Hauula, Hawaii 96717
Phone
293-5506

Greater Glory C.O.G.I.C.
6419 Empire Way S.
SUNDAY SCHOOL - 10:00 A.M.
MORNING WORKSHIP - 11:30 A.M.
WED. (PRAYER & BIBLE BAND) - 7 P.M.
FRIDAY (YOUTH SERVICE) - 7 P.M.
SAT. PRAYER - 9 A.M.
Eld. Towsend, Pastor

Holy Trinity Mission
C.O.G.I.C.
Christian Youth Center
CHRISTIAN YOUTH RECREATIONAL CENTER
MON. thru FRIDAY 3:30 p.m.-10:30 p.m.
SAT. 11 a.m.-11 p.m.; SUN. 2 p.m.-6:30
MISSION SERVICE, SUN NIGHT 7:30 p.m.
1313 SOUTH "J" ST., TACOMA, WASH
Bishop D.L. BROOKS
D.D.W. FOUNDER & DIRECTOR



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Buffalo, New York 14211
Pastor-Evangelist W. Woods, Jr.

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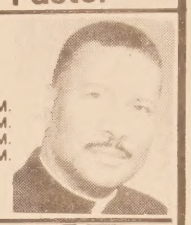
1623 So. 11th Street
7:30 a.m.-8:30 a.m. KTNT-AM
Sunday School.....9:45 A.M.
Worship.....11:15 A.M.
Wednesday Prayer & Bible Study.....7:30 P.M.
Friday Worship.....7:30 P.M.
Marriage & Family Counseling
Call 573-6785 for transportation
Bishop T.L. Westbrook



UPPER ROOM C.O.G.I.C.
152 - 26 Avenue
Seattle, Wa. 98122
Sunday School.....9:45 A.M.
Morning Worship.....11:30 A.M.
Evening Youth.....6:30 P.M.
Evening Service.....8:00 P.M.
Tues. Bible Study.....8:00 P.M.
Wed. Deliverance Service.....8:00 P.M.
Fri. Young People's Night.....8:00 P.M.

REV. KELLEY PASTOR

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169½ E. 132nd St.
HOLY SPIRIT SERVICES
Morn. Worship...11:00 A.M. Thurs. Eve.
Sunday School.....10:00 A.M.
Service.....7:00 P.M.
Sunday Eve. Youth.....7:00 P.M.
Pastor.....Dennis McMains

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2302 South Alaska Street
Tacoma, Washington 98405
Sunday School.....9:30 A.M.
Sunday Services.....11:00 A.M.
B.T.U.....6:00 P.M.
Evening.....7:00 P.M.
Pastor 272-9036 Church 272-8911
Home 474-5466
Rev. Dan W. States, Pastor

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PASTOR OF REVIVAL CHURCH OF GOD IN CHRIST
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SEATTLE, WA 9812
HOME PHONE 322-42

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Church Of God In Christ
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Telephone: 841-9181
Pastor: Elder Paul L. Martin Res: 456-1406
861 Hoomoana Way, Pearl City, Hawaii 96782

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4902 McKinley Ave. E
473-6740 Office, 759-5084 Residence
Sunday School.....9:30 A.M.
Sunday Morning Worship.....11:00 A.M.
YPWW Sunday.....6 P.M.
Sunday Eve Worship.....7:30 P.M.
Tues. Eve. Bible Sunday.....7:30 P.M.
Thurs. Evangelistic Service.....7:30 P.M.
Family Night, 1st Friday ea. mo.....7 P.M.
Prison Ministry at McNeil Island & Monroe Co
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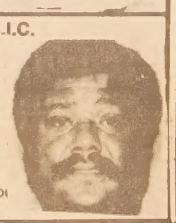
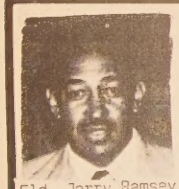


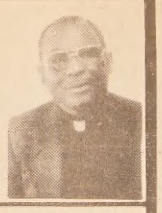


Eld. Jerry Ramsey,

BIBLE WAY CHURCH OF GOD IN CHRIST
2228 WETMORE
EVERETT, WASHINGTON
(206) 259-4740

Holy Temple Church of God In Christ
East 312, 3rd Street
Spokane, Washington
Pastor: Elder Ezra D. Kinow

GOSPEL CENTER CHURCH OF GOD IN CHRIST
1051 FIFE HEIGHTS DRIVE, EAST
TACOMA, WA 98424
SUNDAY SCHOOL.....10:15 a.m.
MORNING WORSHIP.....11:30 a.m.
EVENING WHORSHIP.....8:00 p.m.
TUESDAY BBILE BAND.....7:45 p.m.
THURS. EVENING SERVICE.....7:30 p.m.
CHURCH 922-7225 RES. 322-0565
ELDER LEE YOUNG, PASTOR
WITH GOD ALL THINGS ARE POSSIBLE

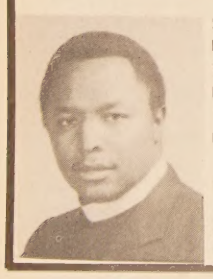


TRINITY MISSIONARY BAPTIST CHURCH
Sunday School.....9:30 A.M.
Morning Worship.....10:45 A.M.
Evening Service.....7:00 P.M.
Wed. Prayer Meeting
Bible Study.....7:00 P.M.
Sat. Bible Study.....1:00 P.M.
Dr. Moses Harris, Pastor
535-2774
3639 East K Street, Tacoma, WA

FRIENDLY TEMPLE C.O.G.I.C.
YAKIMA, WA 98901
SAMMY TROTTER, PASTOR
601 S. NACHES AVENUE
509-452-8262
CHURCH:
306 E. ADAMS STREET
509-575-4734

Cornerstone Life Church
Service held at 2534 Grandview Ave. W., University Place Park & Rec. Bldg. Sunday 1 a.m.-6 p.m. Radio broadcast at 11:30, KBLE Radio, AM 1050.
Pastor: Rich Carbone
Ph. 752-6285

Faith Mission COGIC.



Sunday School.....10:00 a.m.
Morning Worship.....11:00 a.m.
Y.P.W.W. .....6:30 p.m.
Evening Services.....7:30 p.m.
Tuesday Prayer.....7:30 p.m.
Friday Night.....7:30 p.m.

Pastor & Founder - Elder J.A. Meade Jr. For transportation call 472-6898. Address - 3606 E. McKinley. Tacoma, WA.

First Baptist Church

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The First Baptist Church of Ch ehalis invites you to celebrate with us in the Dedication of our New Rodgers Organ in a festival of music and organist seminar with the renowned Bene Hammel.

Noted concert organist; Church Musician; Music Clinician.

When? Friday, March 29, 1985. Festival Of Music at 7:30 PM.

A Day Of Rememberance And Celebration

Five years ago, the Archbishop of El Salvador, Oscar Romero, was assassinated while presiding at a Service of his Eucharist. This gentle servent captured the hearts of Chrittians and others throughout the world. His commitment was to the poor people of his country. In the midst of the horror that was and is life in El Salvador, the very act of loving those for whom God has a special concern was seen as a political threat to some. Yet, in spite in continued threats to his life, he continued to share the Good News of the Gospel.

That we might remember, Associated Ministries in cooperation with St. Leo's Parish and the Pierce County Central America Network, is sponsoring a county-wide Service of Remembrance and Celebration for Archbishop Romero's life.

Special music, litanies and prayers will be included in the service. Father Patrick Carroll, S.J., pastor of St. Leo's Parish will preach. He will be assisted by Reverend David T. Alger, Executive Director of Associated Ministries of Tacoma-Pierce County, Ms. Janet E. Leng, Associate Director of Associated Ministries, and Reverend David Braun, pastor of Mason United Methodist Church. Special music will be provided by the Domingo Family which is in sancutuary at St. Leo's. The Family will also Salvadoran refreshments available at the reception following the service.

This ecumenical event will take place at Mason United Methodist Church, 2710 No. Madison, at 3:30 p.m. on Sunday, March 24, the fifth anniversary of Archbishop Romero's assassination. All interested persons are welcome to join us for this time of worship.

Advertise In The Facts, Where It Counts

Youth Revival At Pilgrim Rest

Pilgrim Rest Baptist Church located at 5314 Portland Ave., Tacoma, Washington will be having a Youth Revival April 8th through April 12, 1985 at 7:00 p.m. Guest speaker will be Rev. Robert Manaway of Tabernacle Baptist Church, Seattle, Washington.

The public is cordially invited. Rev. M.G. Cain, Pastor.

Tacoma--The Sigma Alpha Chapter of Epsilon Sigma Alpha Sorority will be taking pledges for the Easter Seal Telethon March 3031 during the 20-hour telecast on KCPQ Channel 13.

Sorority members will be operating the Tacoma Pledge Center at KCPQ Channel 13 studios so that Pierce County residents can dial locally to make their pledges to the telethon.

Ministers Who Would Like Their Church To Be Included In The Church Directory Are Asked To Contact Tacoma Facts No Later Than Mondays By 12 P.M.

Come To Church Services

PSALMS 34

I will bless the Lord at all times: his praise shall continually be in my mouth.

My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad.

O magnify the Lord with me, and let us exalt his name together.

I sought the Lord, and he heard me, and delivered me from all my fears.

They looked unto him, and were lightened: and their faces were not ashamed.

This poor man cried, and the Lord heard him, and saved him out of all his troubles.

The angel of the Lord encampeth round about them that fear him, and delivereth them.

O taste and see that the Lord is good: blessed is the man that trusteth in him.

O fear the Lord, ye his saints: for there is no want to them that fear him.

The young lions do lack, and suffer hunger: but they that seek the Lord shall not want any good thing.

Come, ye children, hearken unto me: I will teach you the fear of the Lord.

What man is he that desireth life, and loveth many days, that he may see good?

Keep thy tongue from evil, and thy lips from speaking guile.

We welcome news of your church and civic events.

Please address photos and copy to ROSA LEE BROOKS ***c/o The Tacoma Facts or call***
627-1313

Business Services Directory

HEALTH

Medical Arts Building
Human Relations
Community Development
740 St. Helens
Mental Health Center
12th & K St.
St. Joseph's Hospital
17th & So. I St.

Wright Park Dental Clinic
814 Sixth Avenue
272-7574
Seattle Back Clinics
Dr. Richard L. Haynes,
Chiropractic Physician
616 Suite Bldg.
1331 - 3rd Ave.
623-0549
Eastside Community Center
44th & Portland Ave., Tacoma
Tacoma Housing Authority
1728 E. 44th St.

Daniel J. Thomas MD
1106 South 4th
383-4781

CHARLES M. WEATHERBY, M.D.
FAMILY PRACTICE
(206) 627-8202

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TACOMA, WA 98405

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4500 Steilacoom Blvd. S.W, Tacoma, WA
Fort Steilacoom Community College
9401 Farwest Dr. S.W.
Tacoma Community College
12th & Mildred, Tacoma, WA

PUBLIC

Public Service Building Job Service D.S.H.S.
13th & Tacoma Ave. S., Tacoma
Tacoma Public Library Main Branch
11th & Tacoma Ave. So.
Tacoma Urban League
2550 S. Yakima • 383-2006

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223-1888
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Post Office
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Commissary

McChord AFB
NCO Club
Commissary
Post Office
Enlisted Men's Club

Madigan Hospital

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the New Jerusalem Christian Academy
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The Greater Joy Church Of God In Christ hour with Pastor James T. Watson, Sr.
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True Vine Community Church C.O.G.I.C.
5715 N. 33rd & Pearl
'Pentacostal' New Convenent Tabernacle
2156 S. K Street
St. Paul Bapist Church
2225 So. 19th • 627-6422
Marantha Evangelical C.O.G.I.C
1401 So. I • 627-1302
St. John Baptist Church
So. 20th & J Street
Shiloh Baptist Church
1211 S. I Street
Allen A.M.E. Church
1411 So. Yakima
Bethleham Baptist Church
1723 So. I
Eastside Community Church C.O.G.I.C.
4420 Portland Ave. • 472-3550
Deliverance Revival Center
1505 So. Fawcett
Friendly Temple C.O.G.I.C.
306 E. Adams St., Yakima, WA 98901
Rev. Trotter, Pastor
Edwards Temple C.O.G.I.C.
1107 South 21st
Bishop Robert Edwards, Pastor
Vocational First Baptist Church
1810 Tacoma Ave. South
Bro. Emilio Encarnacio, Pastor
Gailee Baptist Church
5802 S. Puget Sound
Rev. Stinson, Pastor
Miles Memorial C.M.F. Church
1601 South L. St.

Mt. Tahoma Seventh-Day Adventist Church
1310 So. L St. • 627-6012
Revival Center, C.O.G.I.C.
1223 So. Washington St., Seattle, WA 98144
Rev. L. Green, Pastor

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38th & M
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19th & Mildred
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Tacoma

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formerly known as Save-way
1624 South I Street
Tacoma, WA 98405 • 383-4439

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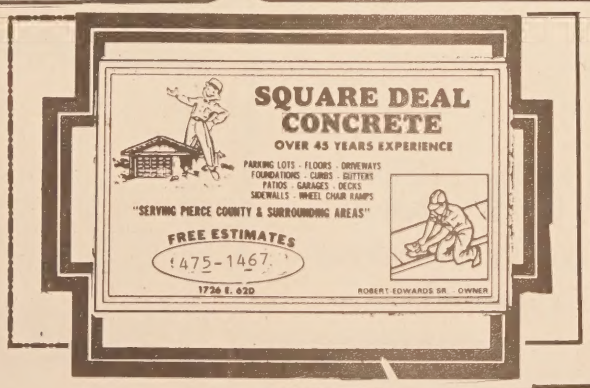
(NEW JERUSALEM CHURCH)
ADDRESS: 1623 So. 11th St.
CONTACT MS. G. WITHERSPOON
572-6785 or 627-1134
EVENINGS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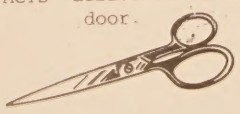

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NEW SALES PROGRAM

HUD'S BEST OFFER PROGRAM APPLIES TO PROPERTIES LISTED.

What does BEST OFFER PROGRAM mean. HUD will decide which offer to accept after deducting from the bid price the amount you want HUD to pay for closing costs, discount points an dloan origination fees. You will have to tell us what these costs are on ADDENDUM to HUD-9551. Offers received without the addendum will not be accepted. You may get these addendum forms from Area Management Brokers or the HUD Office, Property Disposition Branch. The BEST OFFER PROGRAM applies to all sales.

Change in Bid submission is effective with the listings below and any bid opening hereafter. EARNEST MONEY AND HUD-9548, SALES CONTRACT ARE TO BE SUBMITTED WITH THE BID. Bid is to be submitted on HUD-9551, Offer to purchase, and Addendum to Offer to Purchase only. Earnest money is to be held by your office until you are notified your offer has been accepted.

New wording For Sales Contract: An addendum form to be made part of the Standard Retail Sales Contract will be used for all sales. Enter under Item H of the Sale Contract, only the following statement, "Attachments B and C are hereby made part of this contract." The acceptance letter from this office will provide these attachments for your use. Attachment B will replace the wording you have added to the cotract prior to submission.

— NEW LISTINGS —

BID OPENING ON APRIL 1, 1985 AT 11:00 A.M.
NEXT LISTING WILL BE MARCH 27, 1985

GROUP 2

The following properties are offered AS-IS, ALL CASH, WITHOUT WARRANTY. Prospective purchasers are advised that the following listed properties MAY have outstanding code violations. Inquire at your local building code enforcement agency for details concerning building code violations at the property. FAILURE TO CLOSE ON A TIMELY BASIS MAY RESULT IN FORFEITURE OF THE ENTIRE EARNEST MONEY DEPOSIT. You are reminded that the earnest money deposit on Group 2 properties is $1,000 for each offer ACCEPTED.

LIST#	CASE#	ADDRESS	LISTING PRICE	RMS	BR RMS	BATHS	BSMT
(19)	561-335252-270	TACOMA 1502 South Grant	$27,000	6	3	1	
(20)	561-336924-203	822 South 78th St.	$28,350	5	3	1	0
(21)	561-378846-233	1947 South Yakima Ave.	$27,000	8	4	2	100%

SPECIAL NOTE!!! The listed price is HUD's estimate of fair market value, HUD reserves the right, in its sole discretion to accept offers less than the listing price, but only the highest acceptable offerr will be considered. ERRORS IN THESE LISTINGS DO NOT BECOME OFFICIAL THROUGH PUBLICATION. All data, including listing price, must agree with files in the HUD Regional Office.

Any real estate broker licensed in the State of Washington will show HUD acquired properties to you. The broker completes paperwork necessary to submit an offer. HUD pays the real estate commission. When you submit an offer your broker will collect the required earnest money deposit from you. If HUD does not accept the offer, your full earnest money will be returned through your broker. Offers will be submitted to the Seattle Regional Office of HUD, Property Disposition Branch, at the Arcade Plaza Building, 1321 Second Ave. Seattle, WA 98101.

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Employment

PROGRAMMER

Vitro Corporation has an immediate requirement for an individual with a BS Degree in Computer Science with an emphasis in COBOL Programming and Data Base Management. Experience with DEC 20/60 a plus. This position is located at the Naval Undersea Warfare Engineering Station at Keyport in support of Vitro's current Technical Support Contract.

Vitro offers a competitive compensation plan and advancement opportunities. If qualified, submit resume to:

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Dept. TF0036
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Invitations For Bids

INVITATION TO BID
ACCESSIBLE BUS

Kitsap Transit is requesting bids for one 25-26' accessible bus with an option to be excercised by Clallam Transit at its discretion for one additional bus.

Detailed specifications may be obtained by contacting Kitsap Transit, 234 South Wycoff, Bremerton, WA 98312, 206-479-6962. Sealed bids will be accepted until the bid opening which will be at 2:00 PM Monday, April 29, 1985.

Bidders will be required to comply with all applicable EEO laws and regulations, and cooperate with Kitsap Transit in meetings its commitments and goals with respect to disadvantaged and women business enterprises. Bidders will be required to certify that they are not on the Comptroller General's list of ineligible contractors. This procurement is subject to the provisions of the financial assistance contract between Kitsap Transit, Clallam Transit (Port Angeles, WA) and the Washington State Department of Transportation.

REQUEST FOR QUOTATION
RFQ NO. 3850-46911 (Q)

The State of Washington, Department of Social and Health Services (DSHS) intends to issue a Request for Quotation (RFQ) for a contract to provide ambulance service for clients of Western State Hospital to and from Lakewood General Hospital and other points in Pierce, Thurston or King Counties.

Potential bidders interested in competing for the above-mentioned contract must submit in writing their name and address no later than 4:30 p.m. April 2, 1985 to:

Department of Social & Health Services
Office of Contracts Management
Mail Stop: OB-22N
Olympia, WA 98504
Attn: L. Sweet (46911)

All responses received after the above mentioned deadline shall be ineligible to bid for this contract. Women-owned and minority-owned businesses are encouraged to apply.

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TACOMA, WA 98402/627-1221

627-1221

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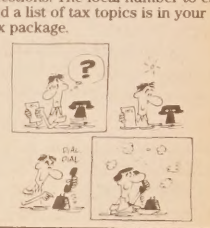

A PUBLIC SERVICE MESSAGE FROM THE INTERNAL REVENUE SERVICE

For Sale

Black & White Television, 19in. $45.00 or Best Offer. Works fine with Cable.
Call Bonni-627-0286.

The public is invited to attend the March meeting of the Tacoma Chapter of N.O.W. on March 21, 1985, at 7 p.m. in the Fireside Room of the Tacoma Public Library at 1102 Tacoma Avenue South. The March speakers will be Shirley Hovland, Linda Jordan and Chris Gaston-Oswell from N.O.W. Seattle Chapter Task Force on Violence Against Women. They will present a program on pornography.

A business meeting will follow the program. As always, there is no charge for the evenings program.

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EDITORIALS

Tony Brown's Comments

How Not To Solve The Problem Of Racism

Ninety-five percent of Afro-Americans killed each year are murdered by another Afro-American. Older Afro-Americans are held hostage in their homes by young Blacks, street smart and immune to prosecution.

There is not one Black community in America that is not living in terror of its indigenous criminal element. opinion poll after opinion poll shows that Afro-Americans see crime--in their neighborhoods--as a major problem.

To my stantement of these facts and the assertion that Afro-Americans talk too much about what White people do to them or don't do for them and not nearly enough about what they are going to do about what White people do to them or don't do for them, I was called the problem by an irate reader.

Michael A. Matambanadzo of Slippery Rock, Pennsylvania wrote to the Pittsburgh Post Gazette and called my column "an orgy in (racial) self-recrimination." I am simply an opportunist, he said, "swept along by the emotional tide" who lacks the guts to "swim against it."

"Blaming the victims in America for their miscues is nothing new," he argued. After all, how could a Black who is "compromised by his bourgeois aspirations" who "used to be a Black militant when it was fashionable" possibly be anything but a "professional apologist for racists"?

In Mr. Matambanadzo's logic, I am bourgeois because i have accomplished what I set out to do. But what he obviously doesn't understand is that I am successful because of what I believe in. And I do not now or ever have believed that White people were going to do anything for Black people.

To this man, I would be a fit object of pity (and perhaps adulation) if I were conspicuously not successful and, therefore, a vicitim. My "victim" status would then entitle me to vicitimize other Black people (the "victimization syndrome") and depend on the Matambanadzos of the world to justify my "miscues."

And by attacking those who attack crime in the alleged defense of the Black community, he holds himself up as a Black leader of a victimized Black community who is guarding against the tides of racism and other BLacks who sell out to law and order.

Other than his demagogic reasoning, Mr. Matambanadzo suffers an inability to even attack the problem. His remarks conspicuously omit any action on his part about the solution. In fact, he never recognized the problem and by attacking me, he continued to wallow in the predicament.

Crime in Black neighborhoods is a predicament. It has already happened--and it its literally killing us. We don't solve it by creating a "victimization syndrom" to legitimatize murder and mayhem. We begin to solve it be distinguishing between the predicament and the problem.

Racism and crime are facts in America. And they are predicatments because Blacks cannot change these facts. The problem is what are Blacks going to do about them?

Obviously, there will never be a solution to the problem (What are Blacks going to do?) as long as the focus is the predicament (What Whites are doing or will do).

Mr. Matambanadzo's personal attack on me did not prevent the incident you read about a Black hoodlum assaulting a Black citizen. Neither did he halt my success by calling me names.

This graphically demonstrates the dilemna of many Afro-Americans and the resultant inability to deal effectively with racism. They don't know the difference between a predicament and a problem.

TONY BROWN'S JOURNAL TV series can be seen on public television Saturday, on Channel 9 at 12:30 p.m. Please consult listings.

An Independent View from Capitol Hill

BY HON. GUS SAVAGE
Member of Congress

ARROGANCE AND UNCONCERN: TWO REAGAN MEDICINES

Two of the most potent medicines in the cabinet of the Reagan adiministration, arrogance and unconcern, were served in large doses at the President's latest press conference, televised nationally Thursday evening, February 21.

The arrogance was demonstrated by the hard-headed stance President Reagan assumed in denouncing the Sandinista reveloutinary regime in Nicaragua, actually calling for the forceful overthrow of the legitimate and popular government of that country.

The uncern was manifest in the President's stoney silence in the face of the recently accelerated reign of terror by the white minority government of South Africa against its Black citizens. At least 19 Blacks were killed by the brutal police there during two straight days of protest demonstrations that took place just before the press conference. Yet, the tragedy did not move Reagan to comment, nor apparently did it cause him to question bankrupt administration policy respecting that racist government.

One concoction that evening was laced with notions of Anglo Saxon supremacy in the Western hemispere, a hearkening back to the walking -- but not too softly -- with a big stick policy of bygone Teddy Roosevelt days. The other potion, a vile brew of studied unconcern with regard to the plight of the Black majority in South Africa, makes clear the American government really still believes Blacks have no rights that whites are bound to respect.

Reagan's chauvinism was revealed in all of its racial, cultural and exonomic bias when he declared he would soften his pressure on the Nicaraguan government if its leaders would say "uncle" and permit anti-Sandinista guerillas "back into the government." Naturally, the President failed to mention that, for the most part, these guerillas are former supporters of the late tyrant Somoza, who was overthrown in 1979. Instead, he curiously referred to them as "freedom fighters."

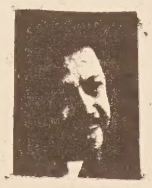
In calling the Nicaraguan government a "communist totalitarian state," the President failed to mention that, about three months ago, Commandant Daniel Ortega was elected President of Nicaragua in a nationwide election in which numerous opposition parties participated.

As a Black, independent-Democratic Member of Congress, I recognized President Reagan's blatant attack on the government of Nicaragua for what it was. It represented the opening salvo in the administration's campaign to convince Congress to restore funds, cut-off last year, to finance the CIA's support of the anti-Sandinista guerillas. It almost goes without saying that my vote will be against any such restoration.

A month or so ago, when Reagan midly slapped the wrist of the South African government for its apartheid policies, it was clear his heart was not behind his words. His chastisement was merely in response to stepped up demonstrations in this country. His silence about what was taking place in South Africa at his press conference vividly confirmed his indifference to the Black situation there.

However, even more shocking that the President's silence was the silence of the news media at the conference. Watching news representatives deliverately evading the South African situation, one could not help but get the impression a conspiracy was taking place.

We must match this conspiracy of silence with a revolution of the spirit, a revolution propelled on the wings of our unity of purpose. If we cannot summon this purpose and create this unity, then the clock might very well be turned back and we will have to again fight the battles of South Africa at our doorsteps.



To Be Equal
By John Jacob

HUNGRY IN AMERICA

America's response to the famine in Africa has been typically generous. But what about hunger right here in America? It's a real problem. But few care about it and fewer seem to even know that it exists.

It is estimated that some 20 million Americans experience hunger for a least part of each month. That's the equivalent in population to a country the size of Algeria and six times the entire population of Ireland.

America's hunger isn't visible -- it's hidden in urban and rural sections most middle class Americans never see. And it's not as dramatic. But it's there. However undramatic in media terms, when millions go to bed feeling hunger and without food in the house, it's there. And in the world's richest country, too.

Back in 1968 a team of doctors travelled through the country and documented a serious hunger crisis. As a result, food stamps and other aid was sharply expanded.

A decade later, when another team of physicians did the same, they were able to report that a tremendous improvement had taken place. Malnutrition had almost disappeared and hunger was no longer considered a national problem.

Now, a third team of doctors has taken to the road, reviewed reports and statistics, and issued a new report. This report of the Physicians Task Force on Hunger in America finds that despite the exonomic recovery "hunger is getting worse not better."

They estimate some 20 million Americans are hungry for at least a part of each month. Those numbers include many who do not have enough money to buy an adequate diet as well as those who actually run out of food altogether.

Their evidence includes interviews with people who are poor and unemployed all over the country, and the rising demand for food at soup kitchens.

Reports from health clinics in poverty areas cite cases of kwashiorkor and marasmus -- two diseases of advanced malnutrition and virtually unheard of in the industrial world. There is also a rise in the numbers of people suffering from vitamin deficiencies and other health problems caused by inadequate diet.

The reason behind this mounting hunbger is more poverty. In the past four years some eight million people were added to the ranks of the poor. And there is evidence to suggest that even among the poor, the poorest group are expanding.

Another reason is cutbacks in federal nutrition programs. Tightened eligibility rules and cuts in targeted programs have left many with reduced food benefits or with none at all. Many people who do receive food aid find it doesn't last through the month.

The answer to the problem of hunger in America lies in expanding the programs that proved successful in the 1970s, programs like food stamps, welfare, and targeted nutrition programs such as lunches and aid to women, infants and children.

Another answer is to create jobs and training programs for the chronically unemployed, so they have the opportunity to earn their way to exonomic independence.

Now I know that this is an unpopular stance to take in 1985. But Americans will simply have to face up to the fact that the much-maligned programs designed to alleviate poverty actually worked, and that cutting those programs so drastically has resulted in misery on a scale that is shameful in a rich nation such as ours.

There's a double tragedy here -- that so many are hungry, that so many just don't seem to care.

Senator STAN JOHNSON

Levy Lid Freeze Need Careful Consideration

Time is running out for a number of school districts in Washington State. Soon, state law will clamp down on the amount of money thay can raise through local, voter-approved property tax levies. School officials say the restriction is too much, too soon, and they want some breathing room from the Legislature.

When the Legislature assumed responsibility for full funding of basic education in 1977, it also approved the so-called "levy lid". The move was prompted by the landmark school funding decision from Judge Robert Doran, who ruled that districts had been unconstitutionally forced to rely on special levies for the bulk of their operating funds. This dependence was often termed "levy roulette" because of the uncertainty of levy elections.

Under the lid law, school districts may not request special levies of more than 10 percent of their basic education appropriation from the Legislature. The money is to be used to enhance basic education and other local programs.

Lince a number of districts were above that limit at the time it was imposed, immediate compliance would have forced some into bankruptcy. To ease the impact, the Legislature approved a schedule for those districts to gradually shrink their levies. The current deadline is 1990.

The problem, according to the schools, is that the state has not yet completed its move to full funding of basic education. The current statewide average for special school levies is 16 percent; some are as high as 30 percent.

If those districts are forced to meet the 1990 deadline of 10 percent, school officials say, special programs will have to be cut and teachers might be laid off.

In response, the Legislature is considering a measure which would allow those districts to delay compliance with the lid pending study of educational funding. The bill would freeze levy limits at 1986 levels and push back the deadline to 1992. It would also create an independent commission to determine just how much money schools need to provide the kind of education legislators, parents, and students demand.

This mneasure should be studied carefully by the Legislature. It is important that school districts are not suddenly faced with a drastic loss of operating funds. At the same time, they must not continue to depend on special levies for the funding of basic education, which is now the Legislature's responsibility. As long as such reliance exists, our schools will always be in danger of returning to the days of "levy roulette".

Japanese - American Reparations Bills Play Heavy On Senators Minds

The Senate last night said Congress should, and local governments can make reparations to Japanese-Americans who were interned in their United States homeland during World War II.

Two separate measures addressing the first and only time in American history that the military was given authority to encamp U.S. citizens because of their ancestral heritage, were passed by the Senate.

Senator George Fleming (D-Seattle) sponsored a memorial to Congress urging the enactment of legislation to provide financial assistance to Japanese-Americans who were relocated during the war with Japan, 40 years ago.

The second measure (SB 3369), sponsored by Sens. Phil Talmadge (also D-Seattle) and Fleming would allow municipalities to make reparations to certain employees who suffered salary losses during their internment because of their Japanese ancestry.

In 1942 President Franklin Roosevelt issued Executive Order No. 9066, which gave the military authority to inter anyone of Japanese ancestry in centers much akin to concentration camps. Congress gave the order statutory authority by a voice vote.

Fleming told his Senate colleagues SJM 104 urges Congress to enact proposed legislation which authorizes payments of up to $20,000 to persons of Japanese descent and their heirs who became involuntary residents of internment facilities.

"Two years ago Washington State was a national leader in seeking to right a wrong that was committed against our citizens who just happen to be of Japanese heritage," Fleming said.

He sponsored the bill which became law providing a one-time $5,000 payment for salary loss during internment to former state employees or their surviving spouses.

Fleming stressed that the constitutional rights of interned citizens were seriously violated, and some effort at restitution is in order. The memorial passed by a 32 to 12 vote.

Senate Bill 3369 had been requested by some municipalities to allow them to make reparations to certain local government employees who had also lost their jobs during the war years. The vote was 33 to 11.

Both measures have been sent to the House of Representatives for action.

Decade 111 To Honor Publisher Of The Year

SAN BERNARDINO, CA. --(KNS)--A man who has been called "the dreamer" in the community and a "fierce guardian" of the rights of Black people here in the Inland Empire will publish a special supplement to his newspaper to mark its 20th anniversary.

Art Townsend, publisher of the Precinct-Reporter and the Tri-County Bulletin, will present copies of "Decade III" to many of the top business, education, civic, religious and community leaders at a dinner to be held in July.

The Precinct-Reporter was born out of the civil rights struggle and has served loyal readers in more than 15 different communities within the Inland Empire of California. Townsend, who was voted "Publisher of the Year" by a leading group of Black publishers, still maintains a rigid stance against racial biogotry and the trampling of human rights.

"Decade III," a four-color, magazine-like supplement to the Precinct-Reporter, will highlight the history of Black achievement in San Bernardino and will serve as a beacon for further development as the publication moves into its third decade as a promoter of basic human rights.

The winner of numerous awards for editorial excellence, Art Townsend and the Precinct-Reporter have served as an inspiration to all whose lives they have touched.

"Art was the dreamer in our community," said Mrs. Frances Grice, who brought tears to eyes of many of the more than 500 leaders who paid tribute to the fiesty publisher some time ago. "He gave others hope and inspired them to dream, and permitted them to give exposure to their dreams through the Precinct-Reporter."

California State Athletic Commissioner Brad Pye, Jr., noted journalist and sportscaster, and Black print media consultant Lee Ivory are serving as production coordinators.

For futher information, write to Decade III, Post Office Box 191570, Los Angeles, CA 90019, or call (213) 734-2006.

Income Tax Deductions For Automobiles

SEATTLE, WASHINGTON -- Due to changes in both investment credit and depreciation, writing it off on your tax return will take a bit longer for those buying passenger automobiles for business use, according to the Internal Revenue Service. These changes apply to passenger automobiles placed in service after June 18, 1984.

The maximum investment credit that can be claimed for a passenger car is $1,000, regardless of the cost of the car. If the car is used only partially for business, the $1,000 maximum must be prorated. If business use is less than 50%, no investment credit or Section 179 deduction may be claimed. Any investment credit allowed can be claimed on Form 3468.

The maximum depreciation (including the Section 179 deduction) allowable is $4,000 for the year the car is placed in service and $6,000 for each year thereafter. This would be prorated if there is any personal use. If less than half of the car's use is for business, straight line depreciation over a 5 year period must be used. All depreciation is claimed on Form 4562.

For more details get the free IRS Publication 534, "Depreciation," and Publication 572, "Investment Credit." To order the forms and publications use the blank on the back of the tax package or call the Internal Revenue Service forms order number at 442-5100 in Seattle, or toll-free, 1-800-542-7890. The publications are also available as reference for reading or photocopying at many public libraries.

Pierce County Receives Rice For The Needy

Spring Offensive Against Hunger is the name of the most recent Operation Blessing (Christian Broadcasting Network outreach program) project to impact the hungry in the U.S. States.

Tacoma has been selected to participate in Operation Blessing's massive 405-ton fod distribution effort to help the hungry in the Western United States. Thirty-three cities including Tacoma are involved in this two-week project.

Anyone interested in making donations to the Emergency Food Network to food relief programs all over Pierce County should contact the Network at 535-9700. "There is no seson for hunger. It exists in Pierce County all year round," said Darneille. "Donations at this time would be particularly helpful in meeting the challenge to feed over 40,000 adults and children in Pierce County every month."

Dr. Edward Kelly To Speak At Nisqually CHAPTER

Dr. Edward Kellher, President of Archon Associates, Seattle Management consultants, will be the speaker at the march meeting of Nisqually Chapter, American Society for Training and Development (ASTD).

"Supervision" will be the Topic, with Dr. Kellher sharing his extensive experience in business management. The meeting will be held Tuesday, March 26, at the Turkey In, 102nd and S. Tacoma Wy. Networking begins at 5:30 Pm., with a no-host dinner and program at 6:30 Pm. Reservations are requested. Please call President Brenda Ross, 756-5559.

ASTD is a professional society geared to the needs of those in the field of preparing and those delivering Training Programs in Business and industry. All are welcome to attend.

TCC Computer Classes

Eight computer courses ranging from introductory classes to programming will be offered evenings this Spring at Tacoma Community College. The credit courses and non-credit continuing education classes begin the week of April 1.

MISS TEEN INTERNATIONAL

Michelle Thomas, 15 years old, of Cedar Grove, New Jersey, is the 1984-85 winner of Hal Jackson's Talented Teens International. Michelle won her crown in Montego Bay, Jamaica as well as a trip to appear on "Soul Train" along with other prizes that include a fur jacket, a diamond ring and several trips abroad. Michelle poses here with Hal Jackson and Don Cornelius. Young ladies with a performing talent between the ages of 13 and 16, from the U.S., Caribbean, and other countries abroad, are encouraged to enter. Write to: Hal Jackson Productions, 1230 Park Ave., NY, NY 10128. The 1985 finals will be held in Hollywood, California.

Irish Coffee Ice Cream

4 eggs, well beaten
4 c. milk
2 c. firmly packed brown sugar
8 T. instant coffee powder
1 c. Irish whiskey or brandy
4 t. vanilla extract
4 c. whipping cream

Combine eggs, milk, brown sugar and instant coffee in a medium saucepan. Cook and stir over medium-low heat until coffee and sugar dissolve and mixture thickens slightly. Remove from heat, stir in liquor. Cool to room temperature. Stir in vanilla and whipping cream.

Hand Cranked or Electric Freezer Method Follow manufacturer's recommendations or use these directions: Place dasher in metal cannister, pour in ice cream mixture. Place lid on cannister and set into bucket. Alternate layers of ice and rock salt around cannister until the bucket is filled. In general, you will use one cup of salt to six pounds of ice. Secure handle or motor on top, process until ice cream is thick and frozen, about 20-30 minutes.

Pan Freeze Method Even if you don't have an ice cream frezer, you can still enjoy homemade ice cream, though the texture may not be as smooth.

Pour ice cream mixture into any large, shallow pan. Place in your freezer compartment and stir 3-5 times as it hardens. You can also freeze it without stirring, then break into chunks and process briefly in a food processor until smooth but not thawed.

Storing Homemade Ice Cream Homemade ice cream tastes best if eaten at once, but it can be kept tightly wrapped in the freezer for 7-10- days. Wrapping helps keep the moisture in -- especially important in frost-free units. If you choose to store it in the cannister, be sure to rinse the outside carefully to remove corroding salts. Again, wrap well.

Makes approximately 4 quarts.

Rep. Seth Armstrong Introduces Bill 879 D.W.I.

OLYMPIA--Washington's laws against driving while intoxicatewd would gain some real bite under a bill being considered by the House Judiciary Committee that would allow police officers to remove the permanent license plates of motorists whose licenses have been suspended.

House Bill 879 was introduced by Rep. Seth Armstrong, the chairman of the Judiciary Committee. Armstrong said the bill is a way to stop convicted drunken drivers who keep driving and avoid treatment, despite the suspension of their driver's licenses under current law.

"A police officer has no way of knowing whether or not a driver has a valid driver's license until another law has been violated," Armstrong explained. "Taking away the license plates would make it easier for the police to spot these people."

"Our courts are convicting these people, and we're taking away their operators permit, but we're not getting them off the roads," Armstrong said. "And they can't get auto insurance without a license, so restitution is unlikely for the damage they cause to life and property.

"This bill will help us get convicted offenders into court-ordered treatment so that they can get their licenses back and get insurance," Armstrong said. "Everyone will be better off if that happens."

Armstrong said that under the bill, the officer who stops a person who is driving without a license could direct the driver to hand over the permanent license plates or the car would be impounded. Impoundment is already allowed under current law. The officer would than issue a temporary license plate, which would be valid until a hearing takes place.

Any vehicle owner or co-owner with a valid license could retrieve the metal plates immediately, Armstrong said. The state would have the authority to return the plates to the offending driver if certain conditions, such as getting insurance and the required treatment for alcoholism, are met.

"This bill would deter people from driving without a license, and it would get more people into treatment," Armstrong noted. "It would also make the job of law enforcement a good deal easier.

TACOMA CHAPTER

THE LINKS, INC.

The Tacoma Chapter of Links is sponsoring its 16th Annual Tacoma/Pierce County Student Juried Art Show April 1, 1985, through April 26, 1985, at the Hanforth Gallery, Main Tacoma Library, 1102 Tacoma Avenue South.

The Tacoma Links, Inc., affiliated with the National Links, Inc., is a nonprofit organization whose objectives are to promote civic, cultural and social activities for the benefit of our community.

The art show is presented for the encouragement of junior and senior high school students' achievements in the creative arts.

There will be two classifications of artwork: I - Paintings, Drawings and Prints. II - Sculptures, Ceramics and Crafts. First, Second and Honorable Mention awards will be presented for the best works in each grade, in each classification.

The public is welcome to attend during the library's open hours. Monday-Thursday 9 a.m-9 p.m. and Friday & Saturday 9 a.m.-6 p.m.

This project is made possible in part with support funding from the Tacoma Arts Commission.

Margarett Williams - Chair-person
Ruby Martin - Co-Chair-person
Minnie Miller - President

BY STEVE SOLOMON

Organically grown vegetables, unequalled in flavor, nutritional value, and freshness, can spring year-round from the Northwestern garden. This is the welcome message of Steve Solomon's Growing Organic Vegetables West of the Cascades. Formerly titled The Complete Guide to Organic Gardening West of the Cascades, this revised and enlarged gardening classic is published by Pacific Search Press, Seattle.

Both the aspiring and the experienced green thumb will find Solomon's guide full of practical advice on gardening methods suited especially to the mild, moist, maritime Northwest climate. Promising bounty throughout the year, Solomon offers well-tested information on gardening basics, planning, irrigation (yes it's sometimes needed even in the rainy Northwest!), soil improvement, insect conrol, raised beds, and the best plant varieties for this region.

Steve Solomon is a recognized expert on organic vegetable gardening and the author of California Vegetable Gardening. He established the Territorial Seed Company in Lorane, Oregon, to research and produce seed varieties tailored to this region's climate. With the passion of a committed teacher, he extends his hope that "...many more people in the maritime Northwest will produce a larger percentage of their own food year-round and will thus enjoy better health and greater economic security." Information call 682-5044. Pacific Search Press, 222 Dexter Avenue North, Seattle, WA 98109.

Rape Relief Needs Volunteers

Sexual assault hurts us all. Pierce County Rape Relief is seeking volunteers to provide crisis intervention and advocacy to women, children and men who have been sexually assaulted. While our greatest need at this time is for volunteers who can provide daytime coverage on our 24-hour crisis line, we also welcome those who are available other hours of the day or night. A 32-hour Volunteer Training will be provided: April 19th - 25th. for details call: 627-1135.

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